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| <div><div><div>October</div><div>2026</div></div><div>734-241-0404</div></div> <div><div>Lunch is Served 11:00 a.m. to 1:00 p.m.</div><div>Chef Salad Option Monday thru Thursday.</div><div>Salad Bar on Fridays.</div><div>Soup, as available.</div><div>Menus are subject to change.</div></div> |                                                                                                                                                                                                    |                                                                                                                                                                                             |                                                                                                                                                                                                                                                      | <div>1 Class of '69 Lunch</div> <div>Spaghetti<br/>Spinach<br/>Side Salad /Garlic Bread</div> <div>616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</div>                                                                     | <div>2</div> <div>Turkey Burgers with<br/>Sautéed Onions<br/>Sweet Potato Wedges<br/>Mixed Vegetables</div> <div>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</div>                        | <div>3</div> <div>Breakfast<br/>8:00 to 1:00</div> <div>Noon Meal<br/>11:00 to 1:00</div>  |
| <div>4</div> <div>Roast Beef / Salmon<br/>Red Skin Potatoes<br/>Green Beans / Pears</div> <div>805 cal. 48 g fat<br/>133 carb 10g fiber<br/>20g sugar 41g pro<br/>1,117 mg sod</div>                                                                                                                                                                                                 | <div>5 Ford Retirees</div> <div>Chicken Bruschetta<br/>Brown &amp; Wild Rice<br/>Cauliflower</div> <div>858 cal. 51g fat 65 card.<br/>7g fiber 5g sugar 39g protein 1,278 mg sodium</div>          | <div>6</div> <div>Pork Chops with<br/>Mushroom Gravy<br/>Mashed Potatoes<br/>Green Beans</div> <div>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</div>                    | <div>7 Birthday Dinner</div> <div>Spiral Ham pineapple<br/>Country Potatoes<br/>Charles Vegetables<br/>Birthday Cake &amp; Ice Cream</div> <div>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod</div> <div>(No sandwiches today)</div> | <div>8</div> <div>USA Wild Caught Cod<br/>Brown and Wild Rice<br/>Broccoli</div> <div>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod</div>                                                                            | <div>9</div> <div>Corn Flake Chicken<br/>Brown &amp; Wild Rice<br/>Cauliflower</div> <div>858 cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</div>                           | <div>10</div> <div>Breakfast<br/>8:00 to 1:00</div> <div>Noon Meal<br/>11:00 to 1:00</div> |
| <div>11 Bingo</div> <div>Chicken Cordon Bleu<br/>Baked Potatoes<br/>Broccoli</div> <div>828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</div>                                                                                                                                                                                                                   | <div>12</div> <div>Shepherd's Pie<br/>Dinner Roll<br/>Fruit</div> <div>695 cal. 24g fat 82 carb. 6g fiber 4g sugar 22g prot. 60 mg sodium</div>                                                    | <div>13 Class of '58 Lunch</div> <div>Sweet and Sour Pork<br/>Brown and Wild Rice<br/>Stir Fry Vegetables</div> <div>600 cal. 9g fat 94 carb 7g fiber 24g sugar 25g prot 904mg sodium</div> | <div>14</div> <div>Beef Stew<br/>Multi-Grain Bread<br/>Cottage Cheese</div> <div>621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sodium</div>                                                                                           | <div>15</div> <div>BBQ Chicken Sandwich<br/>Sweet Potato Wedges<br/>Baked Beans</div> <div>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</div>                                                                                      | <div>16</div> <div>Chili<br/>Multi-Grain Bread<br/>Celery Salad</div> <div>666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbs; 34.7 g protein</div>                                        | <div>17</div> <div>Breakfast<br/>8:00 to 1:00</div> <div>Noon Meal<br/>11:00 to 1:00</div> |
| <div>18</div> <div>Pork Roast /Chicken<br/>Baked Potatoes<br/>Broccoli<br/>Applesauce</div> <div>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</div>                                                                                                                                                                                                              | <div>19 Class of '65-66</div> <div>Baked Salmon<br/>Red Skin Potatoes<br/>Mixed Vegetables</div> <div>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sod.</div>                         | <div>20</div> <div>Taco Salad w/ Chips<br/>Spanish Rice<br/>Refried Beans<br/>Stewed Tomatoes</div> <div>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</div>          | <div>21 Class of '67 Breakfast</div> <div>Tuna Noodle<br/>Casserole with Peas &amp; Carrots / Fruit</div> <div>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</div>                                                               | <div>22 Health Odyssey</div> <div>Ranch Chicken<br/>Country Potatoes<br/>Normandy Vegetables<br/>Fresh Fruit</div> <div>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</div> <div>(No other options today)</div> | <div>23</div> <div>Sloppy Joes<br/>Spaghetti Salad<br/>Baked Beans</div> <div>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</div>                                                           | <div>24</div> <div>Breakfast<br/>8:00 to 1:00</div> <div>Noon Meal<br/>11:00 to 1:00</div> |
| <div>25 \$6 Rib Special</div> <div>BBQ Ribs or Chicken<br/>Baked Potatoes<br/>Vegetable<br/>Dessert</div>                                                                                                                                                                                                                                                                            | <div>26 Lunch &amp; Learn</div> <div>Grilled Chicken over Lettuce /Cottage Cheese<br/>Multi-Grain Bread / Fruit</div> <div>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod</div> | <div>27</div> <div>Liver &amp; Onions or Salisbury Steak<br/>Mashed Potatoes<br/>Broccoli</div> <div>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</div>                 | <div>28</div> <div>Salsa Meat Loaf<br/>Mashed Potatoes<br/>Green Beans / Fruit</div> <div>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod</div>                                                                                     | <div>29</div> <div>Beef Tips Over Noodles<br/>Beets / Cottage Cheese</div> <div>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</div>                                                                               | <div>30 Soup &amp; Sandwich \$2</div> <div>Potato Soup or Chicken and Rice Soup<br/>Grilled Cheese or Grilled Ham &amp; Cheese Sandwich<br/>Cookie</div> <div>(No other options today)</div> | <div>31</div> <div>Breakfast<br/>8:00 to 1:00</div> <div>Noon Meal<br/>11:00 to 1:00</div> |